

WINTER/SPRING 2009



The Progression

It's Great to be a Canadian - Soyons fiers d'être Canadien"



**A Message from
the National President 2**

***Sherwood Park Growing &
On The Move 3***

Halifax F.O.O.D. Project 5

***Canadian Progress Club
Foundation Report 8***

**Greater Vancouver...
Plan the Work and
Work the Plan 12**

**2009 National Convention,
Kelowna, BC
October 14th to October 18th
Coast Capri Hotel**

Message from the National President



Greetings to my fellow Progressions, I wish you success in this economically less-than-promising year ahead. As a new era in politics appears to be emerging in our neighbour to the south we have our fingers crossed that they will be able to recover from the effects of the sub-prime fiasco and get back on the rails. I don't want to get political here, but this economy will definitely have an impact on our sponsors and the patrons of our events. Even worse, the organizations we support will be losing funding in other areas and the needs they are fulfilling will be greater as more people cry out for help. I call on Progressions everywhere to keep the faith and work as hard as you can to hold your ground. Better yet, make it your personal goal to do better this year than last. When a door closes, look for the open window. If things appear to be going south, do some creative thinking and pull together-find another sponsor; take a different approach to an event; keep an eye on your market and try to adapt to changes.

This all sounds good on paper, and if I were writing to a different audience, it might sound a bit Pollyanna-ish. But I am talking to Progressions, and I know what this group of people are capable of. We have a fire in our belly and the talent to "get 'er done" runs deep. By the way, thanks for that phrase, Grant Blakely. It is succinct and to the point.

I believe that I am a fairly pragmatic individual who is not easily swayed by fringe ideas. However, long before a few charismatic types came out with "The Secret" and "The Law of Attraction", I had a fair amount of personal experience with this philosophy. I received a birthday gift recently from a friend. It is a desktop flip-book of daily teachings from The Secret, written by Rhonda Byrne and published by Atria Books in Luxembourg. I would like to share with you a few phrases that summarize the philosophy and is worth keeping handy, to read each and every day:

"Whatever feelings you have within you are attracting your tomorrow".

Worry attracts more worry. Anxiety attracts more anxiety. Unhappiness attracts more unhappiness. Dissatisfaction attracts more dissatisfaction. Joy attracts more joy. Happiness attracts more happiness. Peace attracts more peace. Gratitude attracts more gratitude. Kindness attracts more kindness. Love attracts more love. Your job is an inside one. To change your world, all you have to do is change the way you feel inside. How easy is that?"

Well, guess what, it isn't easy. It requires diligence and focus until it becomes second nature. But each and every day that we arise, we have a choice as to how we are going to approach it. It really doesn't hurt to spend a few minutes thinking about this. Every day there is a need somewhere. Let's make sure Progress is there to help meet that need.

I'd like to thank the Greater Moncton Area Men for their hospitality during my visit to Moncton in November. I had the great joy of attending Christmas at the Pedway and experienced first-hand what these guys (with some able assistance from Greater Moncton Women) do for these delightful and very ill children.

Also, I was able to spend some time in December with the St. John's and Quidi Vidi clubs. Thank you as well for your hospitality.

And this upcoming week, I'm off to Collingwood for our winter board meeting and to celebrate Central Region's President's Dinner and Collingwood's 70th Anniversary. After this meeting, there will be more to report on Richard Holloway's Blind Guy Biking campaign which is slated to go across Canada this summer.

Yours for Progress,

Sharon Ward
National President

The Progression



The Canadian Progress Club

Email: info@progressclub.ca

The Progression is the official publication of the Canadian Progress Club National. It is published expressly to inform, educate and involve Progressions in the Association's service activities, programs and policies. Opinions and content expressed in the articles are those of the writer and not necessary those of the Canadian Progress Club National office or staff. The Canadian Progress Club is an all Canadian Service Club devoted to aiding and assisting those in need and servicing the best interests of the community. Material for publication in the Progression should be emailed to the editor:

Roy Urbach at:
theprogression@rogers.com.



Canadian Progress Club Sherwood Park

By *Brian Alleyne*

Over the last ten years Sherwood Park has given a plaque as a Community Service Award to a student from the grade twelve graduating class at Salisbury Composite High school in the County of Strathcona. The winner this year was Mustafa Farooq who is seen receiving his award from President Brian Alleyne on awards night. Mustafa was recognized for the time he spent in the community working with children with disabilities.

Since we are looking for younger members in our club I advised Mustafa that he should consider becoming a member of the Sherwood Park Progress Club since Special Olympics receive strong support from Progress Clubs across Canada.

I would recommend making a similar service award to a high school in their area to new clubs, as a unique way to establish their presence in their community.



The Magnificent Five

On December 15th The Canadian Progress Club Sherwood Park inducted five new members. The magnificent five bring youth, and new ideas to the club and will help restore the club to full strength. Picture #1 shows the five new members as they were inducted by Zone Governor Mitch Wujcik. Two of the new inductees were guests at the second annual Meet and Greet to attract new members hosted by the St Albert Club.



From the left they are Brian, Kenneth, Brian, Frank and David.

Raising Funds and Having Fun

The Canadian Progress Club Sherwood held a Quiz Night on the 20th October. This was a new fundraiser for the club and was modeled after a traditional British pub quiz. The Event was held at the Bell & Court Pub & Restaurant, and funds were raised through admission charges, sale of clues and a silent auction. The quiz evening was led by our entertaining quiz master David Angus in the attached picture he is seen selling clues to one of the competing teams. The evening was a success as we enrolled two new members for the club, raised funds and had fun with our many friends and guests.



HELPING THOSE IN NEED AT CHRISTMAS

On December 18th the clubs in the North Zone raised \$1700 dollars at their Xmas meetings. The money was used to buy 72 turkeys through Sobeys, a local independent grocer. The turkeys were distributed by Alice Rychinsky to needy families associated with Uncles and Aunts at Large. With the help of a generous donation of potatoes by the Little Potato Company each family was given 10lbs of potatoes with each turkey. Pictures #2 shows from left to right Brian, Alice, Ken and Bob from the Sherwood Park Club delivering the frozen turkeys and bags of potatoes to Alice Rachynski the Executive Director of Uncles and Aunts.



2009 National Convention, Kelowna, BC

October 14th to October 18th

Coast Capri Hotel

The Calgary chaps are well prepared and excited to host a memorable convention in the holiday destination city of Kelowna the week following Thanksgiving and the Okanagan Wine Festival. We have booked the entire hotel (www.coasthotels.com) that features a variety of accommodations at "shoulder season" rates. We strongly suggest that you book early to ensure you get the room type and rate you desire as they vary in price from \$120, Comfort; \$140, Superior; \$160, Premium; and \$220, suites. You can expect some time with Bacchus, the return of lip-sync night and perhaps the Saturday night wrap up pajama party for starters and those who register early, by visiting our website at www.cpcalgarydowntown.org, will save \$25 off the regular registration rate of \$450. We not only encourage you to book the room early but to register early too, which will enable us to plan an action-packed agenda, Ripe With Surprises, geared to the number of Progressians and spouses who attend, including a spousal program and plenty of opportunities to dance. Our goals include exceeding the standard we set at the Rimrock in Banff in 1996 and to send you all home with fond memories, new ideas and re-invigorated for another year of Progress. Do plan to join the over 60 Progress members who pre-registered at National 2008, suggesting we will have a full house in 2009!

Wayne Bamford
2009 Convention Chairman



Canadian Progress Club
2009 National Convention
Kelowna, BC
Oct.14th to Oct. 18th



Calgary City Centre Discovers an Amazing Charity *by Janet Miller*

Calgary City Centre have become actively involved with an amazing charity called Sunshine Community Services. The Sunshine Centre is a second stage residential shelter for women and children who are fleeing family violence and abuse. Their new facility has 24 units for families and individuals which is 35% of Calgary's current residential capacity for this vulnerable population. Their shelter allows a one-year stay and provides stability, counselling, workshops, mentoring, children's programs, stability and a sense of security necessary for healing. Sunshine Community Services does not receive any core program funding from the provincial government and must fund raise approximately 80% of its operating cost. Calgary City Centre strongly believes in and supports this charity and have to date sponsored 3 apartments at a cost of approximately \$11,000. We also partnered with the fund raising committee and helped make this years gala a success. But our proudest moment was presenting a cheque for \$50,000 at The Annual Fund Raising Gala on November 13, 1008. The fun part was, we managed to keep our presentation a surprise and many tears and smiles were abundant. If any club would like additional information or get involved with Sunshine please contact Janet Miller, janet04@telus.net for additional information.



Halifax Progress Club's F.O.O.D. Project

By Dov Bercovici, Halifax Progress Club

The Halifax Progress Club has a reputation for excellence when it comes to organizing fundraising events. In 2009, considerable funds will be raised for our charities as a result of the 37th Annual Progress Sports Celebrity Dinner, the 27th Annual Big Spring Auction, and the 14th Annual Pro-Am Golf Tournament.

Yet, that's not where the giving stops. There are many other community initiatives for which dedicated progress members donate their time, money, and goodwill. "Fundraising is important but interacting in a hands-on way with those in need creates a lifelong bond to the ideals of being a progression", says Kirby Putnam, President of the Progress Club.

Harm Geurs, Creative Director for Orange A(peel) Design Communications has been a member of the Halifax Club for only two years and is already making a difference in the club and the charitable giving community. As Chair of the Progress Club's F.O.O.D project, he has galvanized support from 50 progress members in feeding the hungry.

F.O.O.D stands for Feeding Others of Dartmouth. Each week a member of the Halifax Progress Club volunteers about two hours to help prepare and serve hot meals to 60 - 90 people who are down on their luck. The F.O.O.D. kitchen is located on Ochtolorney Street near the Dartmouth Ferry Terminal and progress members are usually surprised at who shows up for dinner.

"You see people that you wouldn't expect to be in a soup kitchen type environment," says Harm. He describes relatively well mannered and dressed people who simply are there because they can't make ends meet. There are some homeless people who use F.O.O.D. but many are working low paying jobs or are in-between jobs and simply cannot afford a meal. Helping to serve food in this environment really makes one count their blessings. The impact of job loss or bad luck can happen to anyone. "These are real people like you and me who are struggling and we have to help them," he adds.

F.O.O.D has been a project of the Halifax Progress Club for three years. The startup was launched by Ken Robinson who is now an associate member with the Halifax club. Ken approached Harm two years ago to lead this worthwhile initiative. Harm enthusiastically agreed to implement F.O.O.D and other associated projects.

"This is the only warm meal I have all week", said one hungry patron of the F.O.O.D kitchen. Many of the people that use F.O.O.D express their thankfulness to those in the Halifax Progress Club that serve the meals. "They have really made an impression on us...we have to help them", says Harm with much passion. Harm is at the F.O.O.D. facility frequently throughout the year to check up on the club's service level and build the relationship with the staff.

The F.O.O.D organization raises private funds and receives support from FEED Nova Scotia and the Progress Club. Over \$30,000 was raised at F.O.O.D's 2008 Holiday auction and Progress was a major sponsor of the event. The Halifax Progress Club also sponsored 120 Christmas Care Packages to help alleviate the challenges that these people face over the Club members are also very involved in donating and collecting food.

When Harm Geurs is asked why he is so committed to the ideals of progress he quickly responds that he loves the fact that "even though Halifax Progress raises a lot of money, it's not focused on only one charity as the Club operates at a grassroots level." Harm was introduced to the Halifax Progress Club by a good friend of family, Alice Evans. Ms. Evans' son, Alfie uses the services and facilities of the Progress Centre for Early Intervention and it has had a tremendously positive impact on him. When Harm experienced the service work of progress and the impact on his friend's family he felt compelled to get involved in the community in a hands-on way. Fellow Halifax Progress members Mel Melana and Dan Lomas will confirm that they didn't really have to twist his arm to join up.



What better way is there to give back to your community other than to become a lifelong Progression!

Brampton Club Makes A Difference

The Canadian Progress Club of Brampton through it's fun raising supports over 30 local families with toys and cash over the Winter season.

This year the annual silent auction and dinner raised money as well as supporting the families also raised money for "Blind Guy Biking" ride set for this year. The donation will go towards the bike and some of the necessary gear need for this ride across Canada.

The Men's and Ladies clubs from Durham each made a \$1,000. donation for the ride. The members of the Brampton Club and guests enjoy an excellent dinner, silent auction and danced the night away and the rumour is that next years event is already in the works.

CPC Regina Centre Held 21st Annual Charity Dinner

By Jeff Lorch, President

CPC Regina Centre staged its 21st Annual Charity Dinner and Auction at the Delta Regina Hotel on, November 5, 2008. There were 463 patrons in attendance including a number of Saskatchewan Roughrider team members and their guests. The Rider Pep Band greeted the guests at a champagne reception and then led the crowd in the singing of O Canada to start off the evening.

Members of the club solicited donations from the business community and they responded with over 220 items for the live and silent auction. One special item was a surprise appearance by the Roughrider mascot "Gainer the Gopher" who offered to host a birthday party for the successful bidder. There were many other sports memorabilia items offered as well as a great variety of things suitable for Christmas gifts. Co-chairs for the event were Greg van Ginkel and Ben Tingley.

As in past years, the main beneficiary of this year's event was Camp Circle O'Friends, a summer camp for children and their siblings who are recovering from or have experienced cancer. CPC Regina Centre has been the primary source of funds for Camp Circle O'Friends since it was founded, with the annual Charity Auction serving as our "main event" for Camp each year.

Any surplus funds not required for the Camp operation are donated to other children's health charities in Regina . This year's dinner and auction raised over \$61,000 and was considered to be one of the best events in recent memory.

A special club award titled "Progressian of the Year" was presented to Mauro Montanini, past president of Regina Centre, charity dinner and auction chairperson on two occasions, and chair of the very successful Plywood Cup event staged during the summer in Wascana Park . Planning will begin shortly on the 22nd annual charity dinner and auction set for November 4, 2009.

Canadian Progress Club Silks

We are into the home stretch with the preparations for our 3rd annual ladies night that we affectionately call 'Guilty Pleasures'. This year the event will be held on Friday, April

17th and already promises to be bigger and better than the previous ones. Why, you ask?

Well, to let the secret out - Elvis will be in the building!!! Yes, we have the King of Rock

and Roll to entertain the ladies and hopefully get them in the mood to spend a lot of

money at the silent and live auctions. The evening also includes a

fashion show and a DJ to dance to until the wee hours. Tickets for this

event are \$75.00 and can be purchased by calling Lorraine Orange at 780-490-8445. Proceeds from our event go to Camp Warwa,

Uncles and Aunts at Large as well as other charities that help women and children in need.

The SILKS are enjoying their third year as a club.

We will be inducting at least 3 new members in February and look forward to their participation in our club.

Deb Pare



Blind Guy Biking President Challenge

CLUB PRESIDENT CHALLENGE. All clubs that donate \$1000.00 or more can see their Club President or a club member pedal into your Town/City. All monies that are donated will support Blind Guy Biking. Four Club Presidents have already stepped up for the Challenge. All riders will get a Blind Guy Biking T-shirt and team photo. Let's make a difference in our communities. Clubs that are interested can make this a club event with the local press. Please contact aka Blind Guy Biking, Brampton Club President, Richard Holloway at richard.holloway@sympatico.ca or 905-874-0544 or cell 647-330-0713. We are looking forward to seeing all of you as we cross this great country.

**WITH YOUR SUPPORT WE CAN MAKE THIS
A GREAT PROGRESS EVENT.**



CANADIAN PROGRESS CHARITABLE FOUNDATION



*CJ MacMullin
Chair*

On behalf of the entire Board of Governors of CPCF, I would like to will all Progressians a Happy New Year. May 2009 bring you joy, happiness, prosperity, and much success in all your endeavours, both private & Progress.

Your CPCF Board of Directors are busy planning , and following through on the activities we announced at our National Convention in September. Currently, we are in the process of preparing receipts for Income Tax claims and we will have these out over the next several weeks and prior to the end of February. This year we will be issuing the majority of income tax receipts via e-mail, unless we do not have your address on file. For the most part, patrons who contributed to the National Convention CPCF Fun Run did not provide their e-mail address, so their receipts will be issued by regular mail.

This past weekend, January 24th, I was fortunate to attend the Central Region's President Ball, and celebration of CPC Collingwood's 70th Anniversary at the Blue Mountain Golf & Country Club in Collingwood, ON. It was an exceptional event with a great turnout, and I would like to thank Past National President Roy Urbach, NVP Rod Lawrence, and President Shane Stainton for the wonderfully organized evening. I was great to meet and talk with old & new friends. Prior to the evening, the National Board of Directors met during which we committed to the "Blind Guy Biking" event and further committed to purchasing "Gift Tool" services which will provide us, not only with on on-line method to collect donations in support of Richard's cross-country odyssey, but to route payments through CPCF and issue tax receipts on our behalf. The plan is to have this service available to all Clubs for fund-raising activities, and for the Foundation for its Pin program as well as other fund-raising endeavours. This will be a BIG step in making us much more efficient in our activities.

In 2008, we supported fund-raising activities, utilizing the CPC Foundation income tax receipting capabilities, with CPC Edmonton Strathcona and CPC Pictou County. This year we learned that we can improve the process significantly, and Gift Tool services will make a significant contribution to this. (Stay tuned to learn more). Hilary March, President CPC Pictou County indicated that using CPC Foundation has the following advantage: " Ability to use CPCF to issue tax receipts without obtaining charitable status as a club - saves the individual clubs time and hassle." and "Promotes CPCF and the Progress Club as a whole entity to the general public and to the clubs." Working together, we can do better to provide better services to all Clubs.

In early March, the CPCF Board of Directors will be meeting to effectively continue this process, and to formulate plans to re-organize the Foundation Board to be more effective, and efficient. You will be hearing more about this as we move forward in the process. Your comments, and suggestions on any issues pertaining to the Foundation are most welcomed.

Braving Winter Weather for a Successful Fundraiser

By Shauna MacNeil

The Greater Moncton Women's Chapter recently donated \$5000 to the Greater Moncton YWCA. The young chapter, who recently celebrated their sixth anniversary, raised the money through the popular event, Girls Night Out. More than 100 women from Moncton, NB, braved wintry weather to enjoy a fun evening of music, dancing, special demonstrations, raffles and door prizes.

"This marks the second successful year for this major event in Moncton," says Heather Spencer, Vice- President of the Greater Moncton Women's Chapter of the Canadian Progress Club. "Our club believes in and supports the work that the Greater Moncton YWCA does for our community and will continue to work to help them in the future."

The money raised will go towards much needed repairs to the facility and will be used for programming activities. "When we arrived to make the \$5000 cheque presentation, we were overwhelmed by their response," said Spencer. "They were thrilled to receive the support and we are proud to have helped such a deserving community group in Moncton."

The event was a huge success thanks to generous sponsorship from partners, Team Capson from Exit Realty, Pure Indulgence Esthetics and Reflexology, Toys for Big Boys, Studio 700 and media partner C103/XL96.

This young, energetic club is already planning for their next event. "We're hoping to have our next event in the spring," said Heather Spencer. "We've already lined up our fund-raising goals - now we are working to make them a reality. After all, we are members of this club to make our community a better place to live for everyone."



Greetings from the Director of Education

I would like wish all of you a Happy New Year and a Successful 2009.

As we embark on the upcoming year, I encourage Club Presidents to identify their Education Chair and update MCS. As you all know, I believe in the importance of our MCS and Blue Book and invite all clubs to avail of the valuable information and resources found there. Individual input and information sharing remains my priority and I believe this can be beneficial to our growth and the establishment of new clubs across the country.

Please contact me at eagan@nl.rogers.com to identify your Education Chair in order that we may communicate this year. I would like to hear from members with ideas for seminars for Convention 2009. I am interested in hearing what you feel may be beneficial to your club.

I think a quote from Dr. Grenfell, a generous man who came to NL in 1892, often returning to England to plead passionately for funds to aid more than 3000 permanent settlers and the native people along the coast, puts it all in perspective. He settled in Battle Harbor, Labrador in 1893 and built hospitals, orphanages, schools, nursing stations, industrial centers, agricultural stations and cooperative stores. Most of all, he brought doctors to northern Newfoundland and southern Labrador where they were greatly needed. His words say it all.....



"The service we render others is the rent we pay for our room on Earth."

Keep doing the work you do as it makes a difference in someone's life.

Yours for Progress,
Crystal Eagan
Director of Education

Good Things Come in Small Packages

Canadian Progress Club Quidi Vidi had a very busy and prosperous fall. With new members, new ideas and much excitement we approached the 2008-2009 year with much vigor. We've been busy helping others, planning for forthcoming events and working to elevate exposure, within the community, of our club and the worthwhile organizations that we support. Our first order of business for the year was to assist The Women's Centre, a home for women and families in need, who asked for our assistance in obtaining clothing for their residents. Not only did we clean out our own closets, but so did our parents, friends and co-workers! On a beautiful fall day, fueled by an appetizing brunch, we got down to business. After much sorting and laughter, we loaded our truck, van and two cars with sixty-six bags of clothing and a box of toiletries for the centre. Great job ladies and many thanks to everyone that assisted in our efforts!

We had a fantastic time at the St. John's Men's Halloween Dance and Christmas Party. We talked and danced the night away with our friends and associates while lending support, and giving recognition to, some wonderful individuals at Vera Perlin.

Our club's primary fall event was our Second Annual Poinsettia Fundraiser. Last year was so successful we thought we would do it again! After weeks of discussing, planning, organizing, selling and promoting, we were ready. The night before delivery, we gathered at the nursery amid a sea of crimson poinsettias to gently wrap each special package. Shielded from the chilly wind, the next day they were loaded in our vehicles and delivered with warm Christmas wishes to all who supported us. Through teamwork and innovation, and in the spirit of giving and fellowship, our members were able to ensure that five families had something special under their tree and on their table this Christmas season. We would like to acknowledge and send special thanks to Snap Magazine (www.snapstjohns.com) who featured our club and the Poinsettia Fundraiser in their January 2009 issue.

Looking ahead to 2009 we're excited about our upcoming informative "You Really Matter Luncheon" planned for February. Our Second Annual Suitcase Party, to be held this April, will be in support of the Downs Syndrome Society of Newfoundland and Labrador. We hope that you will try to come out to lend your support and enjoy this special event with us. As we move into another year, we do so with optimism and exuberance. We trust that 2009 will be an exhilarating year for you too!



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St Albert Meet and Greet Follow Up



Photo Caption: Four new members are inducted into the Canadian Progress Club - St Albert Chapter. From L to R, 1st VP Mike Liebel, Craig Hamstra, Craig Cole, Keir McIntyre, Brody McIntyre, and Club President Dave Williams.

In the last edition of The Progression, we reported about the St Albert Club's annual Meet and Greet, held on 9 October. The event is not only an enjoyable social occasion, but it is an opportunity to show prospective members what the Progress Club is all about. It is hoped that the new prospects see the comradery amongst our members and that they learn about the great things that Canadian Progress does in the community. Our club measured the success of this event on November the 11th by inducting four new members. We would like to welcome our newest members Craig Cole, Craig Hamstra, Brody McIntyre, and Keir McIntyre.

Progress Club-Halifax Cornwallis hosted another successful Women of Excellence Awards Dinner.

By Alex Wilson, Publicity Chair

This Gala Dinner, in its 19th year, continues to grow and be more elegant every year.

The dinner honours 18 women in 6 different categories, from Arts and Culture to Entrepreneur Innovator. 3 women in each category are chosen and honoured for their professional successes and involvement in the community. It is a chance to celebrate women who inspire, teach and lead, by example. Every year a new twist is added to the evening to keep it fresh and the venue continues to change and expand to accommodate the sold out crowds. The evening is topped off by a moving speech from one of the youth of Phoenix Youth Programs, our charity of choice. This year was no exception, as the speaker brought a tear and a smile to everyone's face. This year the Dinner raised over \$60,000.00 for Phoenix Youth Programs and the Club is thankful for our many sponsors who make the evening possible.

The Women of Excellence dinner has become one of the most high profile events in Halifax and is a much anticipated evening on business calendars. In 2008, the Halifax Cornwallis Club celebrated its 20th Anniversary and looks forward to giving back to the community for the next 20 years.

Halifax Cornwallis Hosts New Members Night

Cynthia Dorrington, Membership Co-chair

On January 15th, the Halifax Cornwallis ladies hosted 26 potential members who enjoyed an evening of networking, presentations and great Nova Scotia hospitality.



Aside from learning about the history of the Canadian Progress Club from our National President, Sharon

Ward, they had the opportunity to hear about our club's rich 20 years of service in Halifax. Past National President, CJ MacMullin, had the pleasure to speak to the group about the Canadian Progress Club Foundation and at times, tried out his selling techniques, but unfortunately had no takers in the room.

Lori Barker, Director of Development, Phoenix Youth Programs, spoke on behalf of the Phoenix Youth Programs, our charity of choice for 19 years. Anne Marie Shannon from Special Olympics Nova Scotia spoke about the support we have provided their organization over the years and Linda Wilson, from HomeBridge Youth Society, gave a presentation to the group explaining where the monies we provide them are spent within their organization. The evening provided one and all with a true understanding of Progress and the benefits one will personally get from being a member. But most of all the wealth, we as a club, give back to our community, not only with the contribution of monies, but the support we offer to our charities of choice.

The North Zone Governor Spends A Busy December

Mitch Wujcik the Zone Governor for the Alberta North Zone spent a very busy December inducting new members in clubs in the zone. The picture shows Bert Jonas being inducted. He was a guest at the second annual Meet and Greet session hosted by the St. Albert Club. Bert was the lucky winner of a trip to Las Vegas that was available in a draw to all prospective new members who attended the evening. Between November and December the Zone Governor inducted 10 new members in the North Zone. January will not be any quieter as five new members



Women's Shelter Given Fresh Start

By Stacey Mastel

A Calgary women's shelter got a fresh start with help from a new non-profit organization called Elevate last weekend. The organization's members got together Feb. 28 to paint Gateway Place, a house that will act as a Brenda Strafford women's shelter and hold six Calgary women recovering from violence and abuse. Guests walk in with their one grocery bag and we make them feel invited and welcome," said Maureen Fraser, volunteer coordinator with Brenda Strafford House. "It is groups like [Elevate] that give them a fresh start."

Elevate members could be heard laughing excitedly and chatting from various areas of the house as they rolled on the beige paint. The could be seen crouching on the floor, up on ladders, and even sitting on a toilette to paint the bathroom.

Elevate is a women's only charter group of the Canadian Progress Club and works toward poverty reduction. Similar to a Rotary Club, Elevate was created just under two years ago. "Our mandate is to help lift families out of poverty," said Karen Cooke, part founder of Elevate and next year's National President. "This is the kind of stuff I love to do, get down and dirty."

Suzanne Ebelher, a board member of Elevate says that getting out and doing things such as painting this women's shelter makes them feel like they are actually doing something to help those in need.

"They [shelter guests] are in this situation because of low self-esteem," Fraser said. "So anything positive to bring them up is great." Fraser says a lot of women come from good well-off families and when they leave their husband they are left with nothing. The shelter relies completely upon donations and she says something is not always better than nothing.

"If you wouldn't want to use it, then we don't want it," said Fraser when talking about household products being donated. "Let's not insult them."

The women are allowed to stay at Gateway Place for six months while they achieve goals such as resumes, getting a job, or going back to school. During their stay they pay a monthly rent of \$250.

"When you get a woman that says she is never going to let [domestic violence] happen to her or her kids again, it is like wow," Fraser said.

Billy-Joe Kaye is the support worker for Gateway Place and spends 32 hour a week with the women. She says it is amazing to see the women achieve their goals and move into an apartment of their own with the help of the Calgary Housing Company.

"Thanks so much to the volunteers," Kaye said. "It is overwhelming." She says that it is women like those in Elevate that can help to mend the lives of women staying at the shelter.

Elevate has 25 members who either met each other through business or personal connections. Recently the group raised over \$55,000 for Aspen's Empowering Families Initiative.

Greater Vancouver Plan the Work and Work the Plan

By Tom West

Last year, Greater Vancouver followed the direction laid out in our strategic plan: increase the amount of community hands-on work to augment our three main fund-raising events with proven track records. Essentially, the strategy calls for leveraging the depth of expertise from a modest-size club membership and, where it makes sense, to involve non-members (Friends of Progress) who have shown interest in supporting events. New for our club was hands-on involvement to assist the ConneXions Society. This non-profit organization, located on Vancouver's North Shore, supports families and serves children and adults living with a developmental disability.

Greater Vancouver President Al Wozney led a team of club volunteers to assist in organizing and partial funding for the 2008 Self Advocate and Family Christmas Dinner and Dance. The dinner/dance is an annual event which also receives hands-on support from staff at companies such as RBC Royal Bank and KPMG. Greater Vancouver volunteers helped with the physical set-up for the event, decorating, manning the registration table, serving food, and purchasing and wrapping 50 gifts that were given away at the party. By all accounts the event was a resounding success. And, the benefits which come from hands-on support were felt by the involved club members -which is exactly what the membership intended when the Greater Vancouver strategic plan was developed! Additionally, the club received good exposure in the press -the North Shore News did a two-page spread on the event which prominently featured the Greater Vancouver Progress Club -complete with photos (President Al never looked better!) The ConneXions Society vision: a community where all people with disabilities have equal opportunities to lead active, fulfilling lives and are recognized as contributing members of the community. Interestingly, this vision is quite similar to the vision statement of Greater Vancouver. The synergy, along with the all round great experience will likely see us involved with this year's annual dinner/dance, and perhaps explore other opportunities where community hands-on can make a significant contribution.



President Al and wife Carol managing the guests' registration desk.



Greater Vancouver and Friends of Progress volunteers.

CPC Regina Wascana Awarded Outstanding Community Group Fundraiser Award

On November 13th, 2008 CPC Regina Wascana was deeply humbled to accept the Outstanding Community Group Fundraiser Award awarded by the National Philanthropy Association of Fundraising Professionals.

Each year tens of thousands of individuals and businesses give generously of their time, creativity, expertise and financial resources to help ensure that southern Saskatchewan is a healthy and vibrant community in which to live and work. National Philanthropy Day honours those who have shown outstanding achievement in the act of donating money, goods, time or effort to support a charitable cause or participating in activities that are intended to promote good and improve the quality of life for others.

Our Club sincerely thanks Regina Palliative Care Incorporated for the nomination of CPC Regina Wascana. It was a true honour, and one that we shared with pride with our business community who generously demonstrate their support of our many community projects.



Wreath-Making at the Palliative Care Ward, Pasqua Hospital

Submitted by Jennifer McIntyre

On a chilly December 9th, ten members from CPC Regina Wascana set out to the Palliative Care Ward at the Pasqua Hospital in Regina. Armed with glue guns, boxes of ornaments, and an abundance of creativity, we came to decorate Christmas wreaths for all the patient rooms in the ward. Some of us even brought friends and family along to help with the wreath-building bee. Within hours we transformed plain pine wreaths into works of art. It was a wonderful evening of fellowship amongst members, and an opportunity to provide a small spark of Christmas joy to those patients and their families who were on the ward during the Christmas season. At the end of the evening, we helped hang the wreaths on the patient's doors. It was a reminder to us how important it is to celebrate the true meaning of Christmas--to lift the spirits of those who need it most, and to help, in any small way, to leave this life as joyfully as we entered it.



**Back row - left to right - Lisa Donahue and guest volunteer Madeline, Tracey Bakkeli Jennifer McIntyre, Barb Ryan, Cheryl Zagozeski, Meike Gibson
Front row - Debra Needham-Moschurchak, Karen Graham, guest, Pam Goodale, Ingrid Ruud, Barb Barootes**

CPC Regina Wascana Festival of Trees 2008

In November 2008, Regina Wascana's signature fundraiser, the Mosaic Potash Festival of Trees was without a doubt the most successful event we have ever held. We greatly increased our sponsorship, and for the third year in a row - sold out our event. All of our committees worked hand in hand to create an absolutely breathtaking room and both our silent and live auctions were incredibly well received. With over 300 silent auction items and a fabulous live auction that held everything from diamonds to tropical vacations our event was a smashing success. CPC Regina Wascana has pledged to raise \$150,000 for Regina Palliative Care Inc., in support of the Greystone Bereavement Centre and we are thrilled to be able to present our charity with a cheque for \$68,000 in the first year of our partnership. Almost halfway in our first year!

We have been extremely fortunate to establish relationships with many corporations and businesses who have partnered with us to make our fundraising goals a reality. The countless hours of work and dozens of committee meetings all fade away when the lights go down and our Gala begins. There was not one single dry eye in the room after a very courageous woman shared with us her journey with Palliative care after losing both her sons, one to an accident and one to cancer. Her remarkable story poignantly showed the positive impact palliative care services made in her life and it remains our club's privilege to be able to help provide funding to such a needed service in our community.

For the second year in a row we held a Family Day and it was also a great success. Hundreds of families attended and with the generous support of our Family Day Sponsor, Crown Investments Corporation, almost 100 underprivileged children were able to attend the event. Activities such as crafts, face painting, puppeteers, magicians, treasure hunts and of course pictures with Santa all made for a fun filled afternoon for the hundreds of people attending Festival of Trees and Family Day.

Several of the members of Saskatoon Downtown made the long drive to Regina and supported our event in a huge way. Thank you so much to all the Boyz from Saskatoon Downtown who made the long drive and shared our magical evening with us.



Cary & Glenn from Saskatoon Downtown

